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WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 7 NO. 3,

MARCH 1983

Medical Colloquium Held For Weimar Staff

The medical staff and health science faculty of Weimar Institute conducted a medical colloquium on the campus during the week of February 6-10. The meetings were held each evening in the chapel especially for the benefit of the institute staff members and their families.

The topics of the week focused on the relationship between elements of life-style and the onset of disease. Factors such as diet, exercise, rest, sunlight, water, pure air, self-control and trust in God were correlated with the prevention and rehabilitation of diseases such as atherosclerosis, obesity, arthritis, hypertension and cancer.

Dr. Milton Crane, the Medical Director for the NEWSTART health education program, opened the colloquium with a survey of the magnitude of the problems of degenerative diseases. Dr. Sherman DeVine, a board member for Weimar Institute and lecturer for the NEWSTART program, continued with the same subject and concluded

with a delightful description of his own experience in the Pritikin program, before Weimar Institute was founded.

The second evening Dr. Crane discussed the role of fat consumption in the promotion of disease. Dr. John Goley, an instructor in the Health Science Department of Weimar College, lectured on obesity and weight control the following night.

The fourth session was split between Vernon Putz and Dr. Vernon Foster. The topics of exercise and arthritis were presented by Mr. Putz, the Program Administrator and physical therapist for the NEWSTART program. Dr. Foster is the NEWSTART Director of Professional Relations and a lecturer for NEWSTART. His topic was cancer as it is related to lifestyle.

The final evening of the special health week featured Dennis Blum, Ph.D., Chairman of the Health Science Dept. at the college, and Dr. Sang Lee, an allergist and staff physician for NEWSTART. Dr. Blum spoke on



Dr. Milton Crane, Weimar Medical Director, discussed many of the causes of poor mental and physical health, and impressed upon the staff the importance of the eight natural laws.

factors related to stress and the body's need for rest. Dr. Lee concluded with a lecture on the relationship between life-style and allergies, stressing the need to follow God's methods for healing which start with personal cooperation with the natural laws of health.

Several additional presentations on health have been given

by Dr. Lee and other speakers since the Medical Colloquium. There wasn't enough time to cover some of the significant topics during the special week of meetings.

The entire focus on the colloquium and the follow-up meetings has helped the staff at Weimar Institute to see more clearly the purpose for healthful

living, the causes for much disease and the ways in which good health can be promoted. These meetings have given cause for many to praise their God who lovingly has given so much valid instruction on the way to have health and happiness. This kind of God elicits respect, admiration and love. Truly He can be trusted in all things.

Weimar Academy Holds Openhouse

The end of the first semester brought Academy parents to Weimar for a special weekend of togetherness and dialog with the Academy's faculty members. It

began Feb. 11, Friday night at supper with their sons and daughters, followed by a vespers service in the chapel with Dr. Sherman Nagel from Pacific

Union College; and "After Glow" at the Girls' Dorm where students led out in a program of tribute to parents.

Sabbath School and Church services were both conducted on campus by the students for their parents. A student and staff talent program highlighted the evening hours with Mrs. Veronica Moorish, academy English teacher as M.C. One notable delight to parents was the video presentation of "A Day In The Life of Weimar Students," produced by Doug Garcia, a sophomore of Weimar College.

Sunday morning brought the weekend to a beautiful close as parents, students, and faculty gathered in the cafeteria for their own banquet breakfast. Principal Bob Fillman, handed out the semester's grades and introduced an informal time for parent-teacher conferences about their students' progress.

We look forward to next year's Parents' Weekend because this one was such a success and highly applauded by all who participated.



Weimar Academy students and their parents enjoy the Sunday morning banquet breakfast.

1983 SUMMER PROGRAMS ANNOUNCED

Plan to join us at one or more of the summer programs being scheduled by Weimar Institute. Drs. Ted Wade and Paul Hawks are developing a slate of educational and spiritual experiences in a variety of subject areas relevant to contemporary Christian living. Check these topics and dates:

- Agriculture Seminar (June 12-15)
- Country Living Seminar (June 16-19)
- Home School Seminar #1 (June 19-21)
- Home School Seminar #2 (June 21-23)
- Healthful Cooking Workshop (June 26-30)
- Math Clinic (July 5-15)
- Studies in Daniel (July 5-August 17)
- Family Retreat (July 7-10)
- Weight Control Seminar (July 10-13)
- Bible Conference (July 15-17)
- Issues in Christian Education (July 17-24)
- Christian Article Writing (July 24-29)
- Inspired Counsel for the Final Conflict (July 29-31)
- Life-style for Superior Health (July 31-August 7)
- Poetry Workshop (August 7-10)
- Witnessing in the Christian Business Enterprise (August 11-14)
- Workshop on Sacred Music for Dulcimer and Psaltery (August 14-17)
- Keeping Stress Under Control (August 18-21)
- Work Bee #1 (August 21-26)
- Issues in Adventism (August 21-26)
- Soul Winning, Miracle or Law? (August 26-28)
- Adventist Church History (August 28-September 3)
- Adventist Church History Field Trip (September 1-3)
- Work Bee #2 (September 4-9)

Speakers, course descriptions and registration procedures will be published next month.

Energy Conservation at Weimar

"The times in which we live are going to necessitate a careful look at just how comfortable we have to be to accomplish what God has called us to do," remarks Dale Martin, director of Work Education at Weimar Institute. Certainly this age brings many problems that we must cope with: One is the problem of energy conservation.

Last winter the Board of Directors addressed the issue. The utility bills were increasing at a faster rate than our growth was. They discussed various ways of cutting down the energy costs. This past summer and fall the construction department began implementing those plans the board had drawn up.

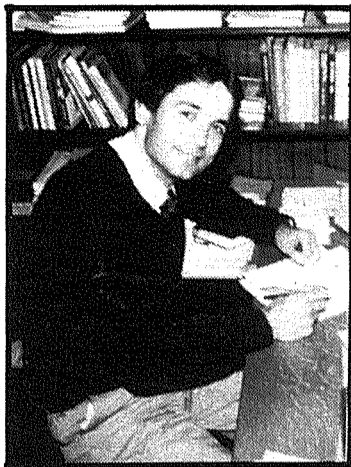
Many buildings at the Institute are comparatively old. The many large windows and thin walls, and the lack of insulation, let out much energy through the many escape routes. So the construction department started out by upgrading the insulation content of the various buildings. The amount of insulation already present ranged from 3½ to 6 inches. They blew the insulation into attics, covering about 100,000 square feet of ceiling space, until the thickness came to between 8 and 12 inches in most of the build-

ings.

The construction department also tacked up plastic covering over the windows of the buildings with the most continuous occupancy and largest use of energy. These include the college building, most of the dormitories, the elementary, and the physical therapy building. They also replaced 500 feet of sash cord in the windows but that is only a meager start. Most of the windows need the sash cord replaced because they slip down a half inch or so, letting heat out. The plastic put over them, however, helps remedy that problem.

The administration brought the problem before the staff and students and requested their help in conserving energy. Staff and students are now shutting lights off when they see them left on. They cut down the amount and length of the showers they take. They try using the least amount possible of things like paper towels, stationery supplies, soap, styro-foam cups, and other "small" items that can surprisingly add up cost.

All these measures may make things less convenient and comfortable than we are used to, but as Dale Martin commented, this may be a taste of problems



Dale Martin is coordinating conservation work project.

ahead. In the book by Ira Gish and Harry Christman "Madison-God's Beautiful Farm" the fact is related that Madison had no heat in their buildings at first, yet their program flourished even with the hardships. The weather gets colder there than at Weimar, so we must be encouraged by looking at what they had to face in the past.

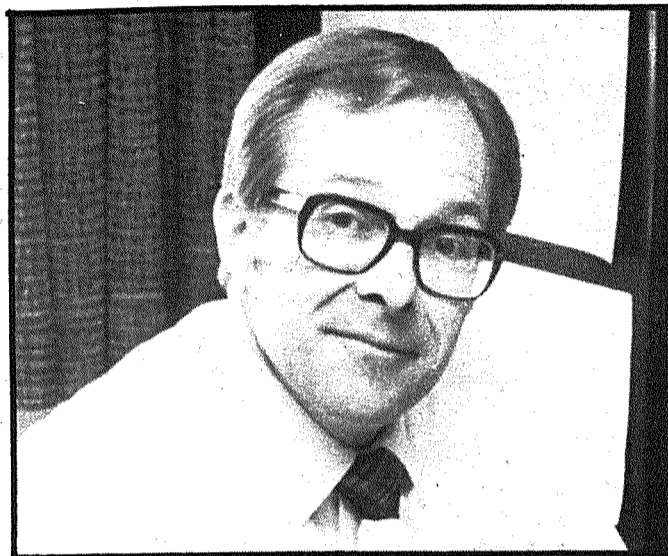
At present the Institute's long range plan of installing wood stoves in staff residences, is moving ahead. We purchased 25 woodstoves last spring. A forestry crew has been started as a student work station. Last summer and fall they cut approximately 90 cords of wood from the Institute's 450 acres. The construction department has installed a few stoves and inserts for fireplaces. Because the price of installing the stoves, putting up the chimney, laying down the hearth and protective background for the wall, equals the price of the stove, progress moves slowly. The cost of the installation materials alone needed for 4 woodstoves amounted to \$1,329. Added to that price is from \$200 to \$400 per stove for the cost of the hearth and protective background. Another question being asked is, "Do we denude our forest to save electricity?" A replanting project will help solve the wood-supply problem. Plans are being laid for a systematic tree planting program of fast growing trees that will provide a continuous supply of firewood.

No specific savings figures can be given yet but the evidence indicates a significant saving of energy. The heat bills equal last year's, yet since then the academy girls' dorm has been added, and also the new greenhouse which has consumed a great deal of energy. The greenhouse has now installed a wood boiler and the cost of energy has been drastically reduced. The cut firewood must season for a time before it can give out efficient heat. Considering these factors, we are already saving a lot of energy.

The future plans include: putting timers on the showers and cutting the pressure and heat of the water; (putting timers on the heaters in staff homes and smaller buildings on campus so that the heat will come on only at appointed time), replacing some of the older buildings with more efficient ones. As we do our part by faith, the Lord will help us solve every problem.



FROM OUR PRESIDENT



By Robert L. Fillman

There are many indications that the programs at Weimar are meeting more needs of more people than ever before. Never has there been greater interest in the college and the academy. We see miracles in the lives of our NEWSTART guests every month. Those who work with our health screening van are making rewarding contacts every day. And yet, during the last few months several factors have converged to bring out a negative cash flow.

During the winter months our utility costs are high. Our staff and students have cooperated in various approaches to conservation. We have worked toward making our buildings more energy efficient while at the same time changing to wood heat whenever possible. While we have been successful in making significant savings, the bills are still high.

Income from some of our campus industries has declined. We are actively seeking additional student industries as well as taking steps to improve our marketing. We recognize that the student industries must not only provide training, but must generate outside income if they are to be cost effective.

The condition of the economy has made it difficult for some to continue their faithful support of the ongoing development of the programs here. Even though Weimar has been in operation over five years, we still rely on contributions for capital improvements such as establishing student industries, remodeling buildings, and acquiring needed equipment.

In short, we are in a position where our income is not sufficient to meet our expenses. On Sunday, March 6, the Executive Committee of our Board met jointly with the Administrative Committee to study ways of meeting the financial needs of the Institu-

tion. It was determined that we must take definitive action to bring our expenses in line with our income. In order to accomplish this goal, the following steps are recommended:

1. Reduce overall staffing by 10%. We need to study ways of diminishing the size of our staff without seriously affecting the operation of the institution. This can be accomplished partly by giving students more responsibility. We hope that much of this staff decrease can be accomplished through attrition.

2. Reduce staff salaries and benefits 10%. We hope that this measure will be only temporary during the next several months as we attempt to correct the cash flow problems. The Administrative Committee is authorized to reinstate the present modest salary level just as soon as possible.

3. Reduce all expense by an average of 10%. We are asking all departments to look for ways to decrease their expenses by at least 10%.

4. Increase income from all sources by an average of 10%. Again, each department will look for ways to increase their income by at least 10%.

5. Send a letter to our friends in which we give them an opportunity to help at this time. We are doing what we can here to maintain an efficient program. We are told to place our needs before the people and leave it to the Holy Spirit to impress them how to respond.

We are of good courage. We know that we can trust our God who has promised to meet every need. Our prayer is that as we allow Him to meet our spiritual needs first, He will then be able to meet all the other needs as well. If God is calling you to help Him meet some of these needs, we will give Him the praise.

Sincerely,
Your brother in Christ,

Robert L. Fillman

Notice To Weimar College Applicants

Weimar College has a limited capacity for students, both by reason of available student housing facilities and by design of the college master plan. Therefore, student applications will be considered on the following basis:

Applicants who will be entering as freshmen or who are transferring from non-Seventh-day Adventist colleges will be considered for the autumn quarter only. Applications and all application materials, such as references and transcripts, should be received by the Office of Admissions by April 15, in order to be considered by the admissions committee during the first week of May. Application files completed after April 15 will be considered during the third week of June.

All questions or requests for further information should be directed to the Director of Admissions, Weimar College, Weimar, CA 95736.

HOME COMING!

Second Weimar College Alumni
HOME COMING WEEKEND
April 29-May 1, 1983

WE INVITE:

- * Weimar College graduates
- * Weimar College faculty
- * Former students and faculty of Weimar College
- * Interested friends

You won't want to miss an exciting spiritually-refreshing weekend which will include:

- * Weimar's unique Friday evening Vesper service
- * Church services in your favorite area church
- * Opportunities for study fellowship, invigorating walks, the sharing of personal experiences and testimonials
- * Alumni update
- * Updates on continuing development at Weimar College.
- * A panel discussion which will give pertinent focus to post-Weimar experiences
- * An Alumni planning meeting
- * Sunday morning Breadmake

Your presence and participation will greatly enhance this upcoming event. For more detailed information contact: Weimar College Alumni Homecoming Office, Box A, Weimar, CA 95736.

"The Greatest Thing Is That I Found God Here"

Donald Irwin

Dec. 1982, NEWSTART guest

as Told to Paul Hawks



Donald Irwin

A dignified, retired business executive speaks modestly of his accomplishments, but openly praises the things he has gained from his participation in the December session of NEWSTART. Donald Irwin, Jr., speaking with a pleasant seriousness, tells of health problems which cut short a long career of management in the wholesale grocery business. Serving as the president of several major commercial food distributors, Mr. Irwin experienced the stressful life-style of an executive for many years. Finally he had to slow down and work toward the rebuilding of his health.

One of Donald Irwin's primary vehicles for rehabilitation was exercise. He sought the services of a university hospital, participating in a monitored exercise program 3 days a week for 18 months. Since that time Donald has relied largely on bicycling and lawn bowling for exercise. For the past five years he has lawn bowled several times a week and ridden his bicycle as much as 35 miles a day. In fact Mr. Irwin recently rode his bicycle from San Diego to Long Beach to see his son and

daughter-in-law launch a new boat — a trip that took two and one half days.

It may seem strange to some that a man who earned six letters in school athletics and who rides a bike and lawn bowls would feel that Weimar's NEWSTART would have anything to offer. But Donald Irwin was not contented that he had done everything he could to improve his health. Nor was he satisfied that he had learned all he could about living a life at peace with himself and at peace with the world. So, on the recommendation of a doctor in Southern California, Donald enrolled in the 25-day live-in health education program at Weimar Institute.

Near the conclusion of the

NEWSTART program, Mr. Irwin proclaimed, "A miracle has happened to me. I am off my medications. I have lost about 20 pounds and three inches around my waist. And look at this — a dramatic lowering of cholesterol and tri-glyceride levels in the blood, and a significant reduction in blood pressure.

"But the greatest thing is that I have found God here. There is far more spiritual guidance than I dreamt there would be, and I like it."

Donald Irwin excitedly reviewed some of the things he learned at NEWSTART: "I received direction on the proper type of diet. This I needed. I also developed a better understanding of reality and my mind was brought into harmony with that reality. I learned the value of doing right because it is right.

"And I rediscovered the importance of not over-reacting to people and situations. I think that I have over-reacted all my life," said Irwin. "Even playing football in high school I often pulled an off-side penalty because I was over-anxious."

"I aim to become a quieter person within, and I know that I must conquer my anxiety by knowing the peace of God." With a smile of satisfaction the veteran executive said, "The most important thing I have learned here is God's great gift of life."

And Donald Irwin, Jr. has left one great gift at Weimar — the memory of a man who possessed a positive attitude, an appreciative spirit and a transformed

mind. For this priceless gift, Donald we thank you.

DOCTORS NOTE: Dr. Sang Lee, M.D.

Mr. Irwin's triglyceride level was 188 when he arrived at NEWSTART. After two weeks it had come down to 105. After only three weeks it was down to only 86. His cholesterol level was 229 when he arrived. After two weeks it came down to 177. By the third week it was down to 148. Mr. Irwin's exercise tolerance increased also.

Nondiscrimination Policy

Weimar College admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and other school-administered programs.



WEIMAR INSTITUTE

Weimar Institute is a multi-phased ministry whose keynote is SERVICE. Working in harmony with the basic tenets of the Seventh-day Adventist Church, the Institute is comprised of physicians, educators and other laymen. Our primary goal is to uplift God's character as the One who restores His image in His people on earth. Weimar Institute ministers to the physical, the mental and the spiritual aspects of humanity. Relying solely upon the free gift of the righteousness of God revealed in the Person of Jesus Christ, the Institute openly confesses that no function of its ministry can detract from the reality of that One Source of salvation. Rather, we desire that His righteousness shall become more believable to others because of this service to which we ourselves have been called.

ADMINISTRATION

Robert L. Fillman.....President
Dick Winn.....Secretary
John Siphens.....Director of Industries

WEIMAR COLLEGE

Colin Standish PhD.....Dean of the College
Dale Martin.....Director of Work Education
Preston Wallace.....Director of Community Services

NEWSTART HEALTH CENTER

Milton Crane, MD.....Medical Director

RETREAT MINISTRY

Dick Winn.....Chaplain/Director

BOARD OF DIRECTORS

Ken Baker, JD	Alan R. Magie, PhD	Juanita Swan, MS
Larry Baumbach, JD	Dorothy Moore	Charles Tam, MD
Sherman DeVine, MD	Jeri Orr	Gordon Wheeler MD
Herb Douglass PhD	James Richmond MD	Marilyn Wilcox
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Donald Kirkman	Ralph Sturgill	

WEIMAR INSTITUTE BULLETIN

Bob Rusche.....Editor

Weimar Institute is a non-profit organization operating under section 501 (c) (3) of the Internal Revenue Code. Tax deductible receipts will be issued for cash donations and in acknowledgement of material gifts. The Institute may be named to receive a bequest by will. The appropriate designation should be: Weimar Institute, Weimar, California 95736. Deferred gifts by wills or trusts will be gratefully received.

OFFICE HOURS

Monday through Thursday: 8:00 A.M. - 5:00 P.M.
Friday: 8:00 A.M. - 4:00 P.M.
Sabbath and Sunday Closed
Telephone: Business line (916) 637-4111 or 878-7222

VISITORS

Due to the rapid growth of the "Weimar family" we have extremely limited guest facilities. PLEASE, if you plan to visit Weimar overnight, make advance reservations. Otherwise, we cannot guarantee accommodations. Thank you for this consideration.

We do not conduct Sabbath services at Weimar Institute. If you plan to join us for Sabbath meals, please make prior arrangements for meal tickets.

A casual walk through the campus? Most anytime you want. A meeting with the President or other staff members — please write or phone ahead to confirm an appointment.

"If I Have Done Enough Witnessing"

Harold Walker, September, 1982 NEWSTART Class

As told to Patsy Murdoch

I always thought I was healthy, until one day this August I found myself short of breath and immediately went to a heart specialist. After a treadmill test, which indi-

cated arrhythmia, the doctor said I should go to the hospital for an angiogram. After that test, I was told I had severe coronary artery disease and should have by-pass

surgery. I responded, "If I have done enough witnessing for the Lord, I am ready to go to sleep until He comes. If not..." Then I asked to go home for the weekend.

Since Weimar's beginnings as a health facility, I had been receiving the Bulletin and was aware of the NEWSTART program.

After spending the weekend in prayer, I cancelled my appointment for surgery. I came to Weimar instead. I am very impressed with the facilities, the compassionate staff, and the entire program of diet, exercise, fresh air, etc. I have especially enjoyed the hydro-therapy.

It did not take me long to get used to the diet. However, I was unused to exercising. I never knew I could walk six to eight miles a day! (The Pedometer is kept on all day in some cases).

On September 2, my cholesterol level was 265; by September 15, it was down to 217. That first week, I walked the one-fourth mile test walk in ten minutes, and my pulse was 126. By the third week, off my heart medications, I increased it to one-half mile in ten minutes, and my pulse was down to 84. I have lost eleven pounds.

I am spending my retirement doing volunteer church work. I plan to support Weimar in any way I can. I DO know I will be a strong public relations man for the NEWSTART program!

1983 NEWSTART Schedule

Following are the dates for Weimar's NEWSTART Health Center Programs:

- MARCH 20-APRIL 14**
- APRIL 24-MAY 19**
- MAY 29-JUNE 23**
- JUNE 26-JULY 21**
- JULY 31-AUGUST 25**
- AUGUST 28-SEPTEMBER 22**
- SEPTEMBER 25-OCTOBER 20**
- OCTOBER 30-NOVEMBER 24**
- NOVEMBER 27-DECEMBER 22**

For further information contact: The Medical Director, Weimar Institute, P.O. Box A, Weimar, CA 95736.

The Importance of

Weeks of Prayer

One of the highlights of each quarter is the Week of Prayer. It is a special time to re-evaluate your relationship with God. It is also a time to strengthen and re-commit your life to Him and His work. Through the help of fellow students and staff the Weeks of Prayer are made into enjoyable times of fellowship and expression of faith. We have had two Weeks of Prayer so far this year and they have both been positive and uplifting experiences.

Dr. Paul Hawks presented our Fall Week of Prayer. He focused on the story of Esther and compared her life to present-day Christians. Meetings were held both in the morning and evening and the week concluded with the communion service, as is customary here at Weimar College.

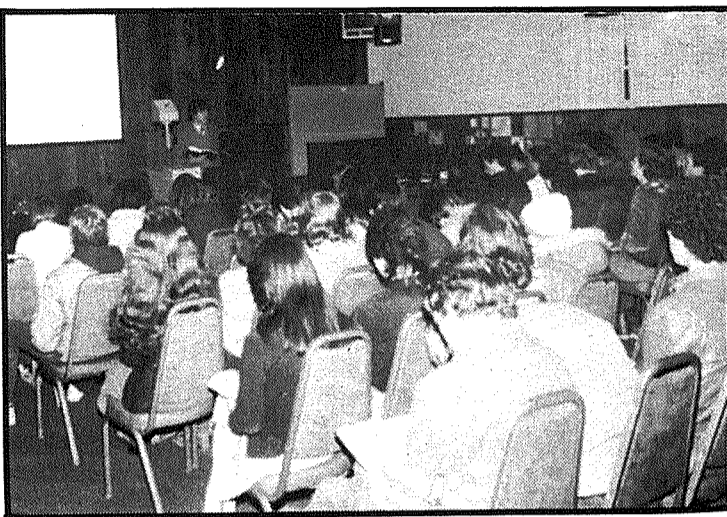
This Winter quarter the Week of Prayer was held by several Weimar College students. The theme chosen was "God up Close." We had meetings in the chapel each morning and group activities in the evening.

These last two Weeks of Prayer

were held by members of the Weimar Family. However, at times we do invite special off-campus guests to conduct the Weeks of Prayer. Each service is special to the hearts and minds of the students.

Several factors make Week of Prayer special. Most importantly, students enjoy a personal focus of God throughout the whole week. Surroundings are made special by creative students who decorate or provide Friday night meals in the cafeteria. It is also a time outside of class to gain some new ideas and just reflect on the topics presented. Another interesting factor is that for the last two Weeks of Prayer original songs have been written for use as the theme songs for those weeks.

Weeks of Prayer are very personal times to get close to God and our fellow staff and students. Occasions like this add extra interest to the school year and make Weimar College a warm place in the hearts of the students who attend here.



Tim Riley, a Weimar College student, presents a picture of Christ's wonderful love for us, during the student week of prayer.

Work and Worship

Those who desire to accomplish great things for the Lord cannot afford to separate work and worship. Indeed the Lord's work must be an expression of worship.

At Weimar Institute it is common to find work environments serving as places of spiritual fellowship. It is not unusual to come upon students and staff discussing spiritual goals, religious issues or personal experiences. At times one might even see these working colleagues on their knees in prayer. Spontaneous Christian fellowship can take place in many work settings, not as a substitute for work, but as an orientation toward work.

In a more structured manner, many departments regularly meet together for prayer and study. In such situations staff and students recognize their dependence on God and seek His guidance, His loving presence, His challenging motivation and His power to accomplish the work He has commissioned.

To illustrate the point, consider the staff of the NEWSTART health education program. Each morning of the week they meet to worship their Restorer, to study spiritual materials and to pray specifically for the needs of the guests enrolled in the NEW-

START program. What a lift this brings to the staff members, and surely it results in great benefits to the guests.

A variety of departments have their times of spiritual devotion as a regular part of their work schedule. These times of refreshing are not a substitute for work, but a significant dimension of work in God's cause. As one person said, "these department worship periods have greatly enriched the value of the work we do. They have brought our department closer together in a spiritual unity, helped us see our need of God if we are to be successful in our work and they have smoothed the rough edges of our human personalities."

"The strength acquired in prayer to God, united with individual effort in training the mind to thoughtfulness and caretaking, prepares the person for daily duties and keeps the spirit in peace under all circumstances, however trying. The temptations to which we are daily exposed make prayer a necessity. In order that we may be kept by the power of God through faith, the desires of the mind should be continually ascending in silent prayer for help, for light, for strength, for knowledge. But thought and prayer cannot take the place of earnest, faithful improvement of the time. Work and prayer are both required in perfecting Christian character." — Testimonies, vol. 4, p. 459.

Academy Worship

"Let me be a little braver when temptation bids me waver, let me strive a little harder to be all that I should be.

Let me be a little meeker with a brother that is weaker, let me think more of others and a little less of me."

This is the song you would most likely hear if you participate in an academy worship. It is one of our favorites and as you can see it says a lot.

I know that most people say academy students are not really interested in worships. They think that teenagers just want to have a good time. Well, we are interested and we do want to learn.

I can see, since I've been here, that I have been drawn closer to God and that the way I relate to others has changed and is still changing. Academy students need the help of adults and also of the college students. Most of them have already been through what we are going through, and some of them are still going through it. Let us all remember that we need to put ourselves in each other's shoes so that we can best serve our fellow men.

"Be patient with us, God isn't finished with us yet." If you think about it, He hasn't really finished with any of us. Here is what a couple of Academy students think of worship.

"To me, our dorm worships are looked forward to. A blessing can be discovered during each worship, if the heart and mind

are open, earnestly waiting for it."

"Worship is a time for me to sit down, forget all about all of my silly little problems and worries, and remember that God is still there, waiting for me to stop hurrying and listen to Him. It is a time to learn more about what He's really like, and to be thankful for all the good things He's given to me."

"Worship is a time when you can forget about your worldly things such as school work and cleaning your room. It is a time to spend with God, getting to know Him better and giving Him all of your burdens. It is also a time to praise Him for all the blessings He gives to us."

"Remember your Creator in the days of your youth." (Ecclesiastes 12:1)

God's Call

By Elder Buddy Kruger

"Come to Me all of you who toil and are weighted down and I will give you rest. Learn of Me...My yoke is easy and my burden is light. Come, all you who are thirsty, come to the Waters...Why spend money for what is not bread and your labor for what does not satisfy? Listen, listen to Me and eat what is good and your soul will delight in the richest fare. Give Me your ear and come to Me. Hear Me so your soul can live...You will go out with joy...and the mountains and hills will burst into song before you. And the Spirit and the bride say, 'Come!' and let him who hears say, 'Come!' Whoever is thirsty, let him come; and whoever wishes, let him take the free gift of the water of life." (Matt. 11:28-30, Is. 55: 1,2,12, Rev. 22:17. Adapted from the N.I.V.)

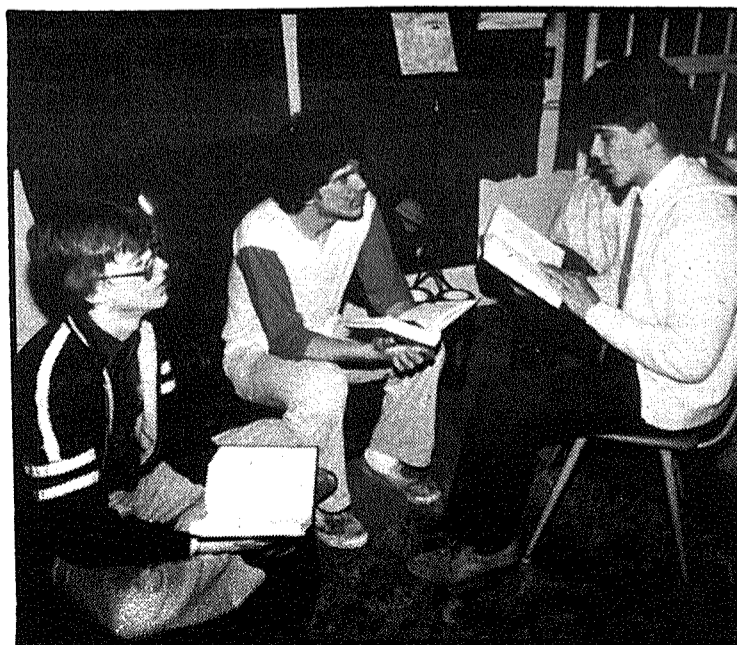
Today's frantic, material world leaves man vacant, desolate, and unsatisfied in soul. Street, shop, and society life ram into us and over us, threatening to extinguish our deepest and best possibilities. Its noisy, mass treatment of human beings in the media, entertainment, and advertising threatens to reduce us to animals or at best programmed robots and machines. When we sense its emptiness and threat and decide to look elsewhere to find peace and fulfillment, where do we go? What can take its place in our lives?

God calls man — you and me — to Himself, to come to Him as the true Source of all we need and desire today and He promises the richest rewards. The true contentment and inner satisfaction in life He gives us as we establish communication with Him. Such a spiritual relationship with Him will fill our emptiness and longing, will give us a security this uncertain world cannot.

Two Scriptures have challenged me personally to begin a new habit in seeking God. In Ps. 55:17 David, a busy king, governing a flammable, strong-willed nation with many problems, says he spent three times a day talking with God. I'm glad I don't have his responsibilities. But I do have my own. They're



Starting the work day with worship and prayer helps to create a feeling of unity and cooperation in the various Weimar Institute departments.



Several Academy young men meet together for prayer and fellowship.

Worship At Weimar

To Worship

enough! Don't I need God's counsel just as much as His healing presence and dynamic control? What if I worked a new habit into my lifestyle of meeting with Him in the morning, at mid-day and again in the evening? Then Jesus' words have haunted me for my selfish preoccupations when He said, "Could you men not keep watch with Me for one hour?" (Matt. 26:40). What if I also commit myself to spend more time with Him than my usual five minutes? The possibilities fascinated me. I wondered just what He would do in my life if I took Him seriously and began to act like it? I decided to try the experiment. And now I'm very enthused about the results! He is keeping His promises! He is real! And He is worth worshipping!

God tells us in His Word that in these last days of earth's civilization many people everywhere will answer His call to worship. They'll say, "Come, let us go up to the mountain of the Lord (His throne by prayer), to the house of the God of Jacob. He will teach us His ways, so we may walk in His paths. The Law will go out from Zion, the Word of the Lord from Jerusalem." (Is. 2:2-5 Note: Zion and Jerusalem are Biblical names now referring to God's home-city in outer space, described in Revelation, chapters 21 and 22). Also, "This is what the Lord Almighty says: "Many peoples and the inhabitants of many cities will yet come, and those of one city will go to another and say, 'let us go at once to talk with the Lord and seek the Lord Almighty. I myself am going.' And many peoples and powerful nations will come to Jerusalem to seek the Lord Almighty and to talk with Him." (Zech. 8:20-22). Perhaps these people are answering God's last-day call to worship found in Revelation 14:7, "Fear God and give Him glory, because the hour of His Judgment has come. Worship Him who made the heavens, the earth, the sea and the springs of water."

How about you? Why not treat yourself to more time everyday taking Him up on His invitations and discovering where the excitement for deeper living really is?

Home Worship Groups

When a student goes away from home and lives in a dormitory, it is easy to become homesick. It is hard to realize how much a family setting means until you are away from it. Here at Weimar we try our best to prevent homesickness by creating a little family atmosphere in faculty homes. Spending a short time in the morning in the warmth of a home adds a touch of joy to the day.

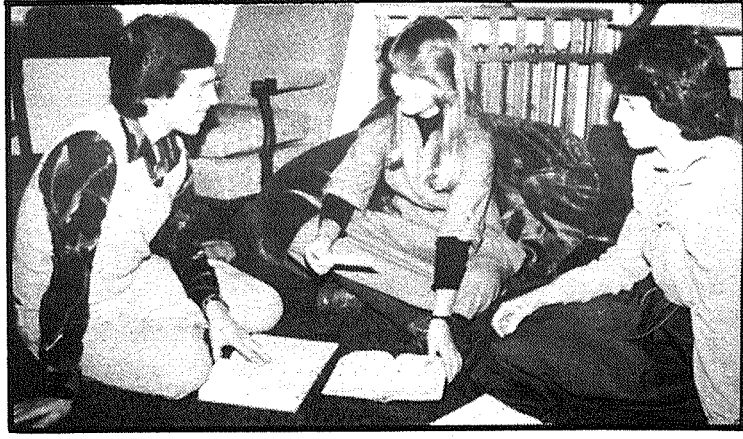
Each quarter students are assigned to various faculty homes in which three days a week they join the family in their morning worship. During this time the students and staff draw closer together by sharing with each other their thoughts and feelings and allowing a bond of Christian love to knit them together as a family.

This quarter twelve staff families host the worship periods with eight to ten students assigned to each home. The format varies from home to home, but usually includes singing, prayer, and the informal discussion.

Some of the topics studied during this quarter are Christian education (a conviction or a preference), the Book of Romans and other New Testament epistles, the Sabbath School lessons, personal issues in Christian experience, and the validity of various Seventh-day Adventist beliefs. Several of the groups are studying the closing events of earth's history as presented in prophetic writings.

In some groups the staff members lead out in the discussions; in other cases students take the responsibility. This gives all an opportunity for sharing. One student says, "The home worship groups provide the main opportunity students have for really getting to know their teachers personally." Another referred to her worship group as a "refuge" of warmth and fellowship.

Even though students are not able to visit all the different worship groups, each one looks forward to a few minutes of sharing a home atmosphere with a family of brothers and sisters in Christ, because actually here at Weimar we are like one big happy family.



Weimar students and staff start the work day with prayer and worship.

Sabbath Evening

The Master had His disciples come apart from the crowds and rest. This is quite similar to Saturday evening worships here at Weimar College. These evenings are filled with such enjoyment that we don't have to worry about the time of sunset so we can go have fun. These joy filled worships are a perfect way to end a restful Sabbath.

After a short individual devotional we have a variety of programs. Sometimes we have a slide show. Some of these are travel-logs of Israel or Africa.

Other times we have progressive suppers. In this, various staff members open their homes

to groups of about 10 students. Each group rotates to the different staff homes in sequence. One course is served at each home: fruit, bread, soup, etc.

Once a quarter, this worship is held at the campfire bowl, one and a half miles out on the trails. A moonlight hike is the transportation provided to an evening filled with songs, stories, and sometimes charades.

On other evenings religious concerts are held by off-campus groups such as the Chuck Fulmore Trio. One special program is "gift sharing." In this, many students and staff share their talents of music or speech to the Glory of God. Indeed, one comes away from Saturday evening worships feeling relaxed, rested, and ready to face another week.

Dorm Worships

Weimar students share one of the happiest times of the day by getting together in the lobbies of our dormitories for worship. This is a quiet haven of rest after a long, tiring day. Hearing the guitars strumming chords and happy voices singing with enthusiasm lifts the spirits for the fellowship we are about to enter into. The songs we usually like singing before worship are Scripture songs. This gives us excellent opportunity for memorizing Scriptures.

After we praise the Lord in song for about ten minutes, we share requests and experiences that we want the group to pray

about and thank God for. Then one or two pray, taking the requests to our heavenly Father and asking His presence to dwell with us in a special way during this worship period. A fellow student usually leads out in directing our thoughts to a specific worship thought, which usually provokes discussion and testimonies from others.

Dorm worships always seem to end too soon. At the close we either have group prayer again or divide into small groups of three or four and pray with and for each other. Our prayer and praise go hand-in-hand. Then as we go back to our rooms for study and sleep, we are encouraged and strengthened by our fellowship with the Lord and our brothers.

Prayer Meeting

What is it like to attend prayer meeting every Tuesday evening at Weimar Institute? It's fun, fellowship, sharing, learning, praying and growing. The meeting begins with song service. At times songs that relate to a certain theme are sung, but quite often the audience selects favorite hymns. "Nearer Still Nearer" is sung so often and treasured so much that it has become Weimar's theme song. "I'm a Pilgrim" also ranks high in popularity. Before the evening talk the group kneels and invites God's presence.

Dick Winn, the Institute chaplain, usually speaks, or directs a

sharing and prayer time. His main focus centers upon Christ: what is God like? Is God trustworthy? how our picture of God affects our relationship with one another, etc. Sometimes we have a sharing time.

Often at the close of the meeting small groups of two to four gather in the aisle, outside, or around the chairs and pour out their hearts to the Lord.

As the evening closes, students and staff quietly return to their dwellings or share further experiences under the starlit sky in front of the chapel. The effects of this time together will be fully known when our Lord returns, but for now the effects can be seen in a group of people CHOOSING more of God's love and, as a result of this choice, choosing to love, understand and accept one another. This sharing

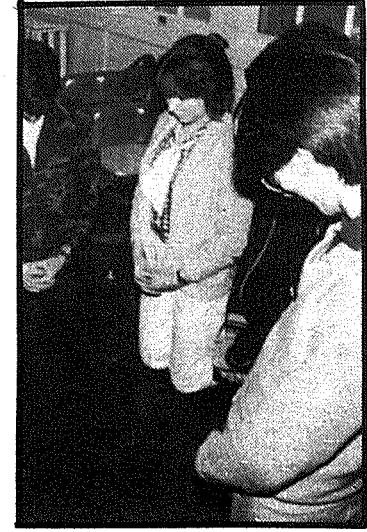
Prayer and Praise

The stars are still glimmering and the air is crisp as several students make their way to the little white chapel. The piano plays softly as students sing praises to God to begin this informal service called: "Prayer and Praise."

Each Wednesday morning from 5:30 to 6:00 a group of about a dozen meet for a time to share what God has done, and bring their prayer requests before each other and the Lord. The atmosphere is relaxed and friendly as during the first ten minutes people praise God by telling what He has done for them during the week. During the next ten minutes a list of previous prayer requests is reviewed, and any new burdens or concerns are added. Then once a month the list is traded with that of a similar group meeting on the campus of Atlantic Union College in South Lancaster, Mass.

By this method, God's people can become more unified as they feel and share the common burdens of life. Then prayer bands of two or three are formed, and as each group is finished, they quietly slip outside.

The eastern sky glows a soft pink, and another new glorious day has begun!



Weimar students have found that the key to Heaven's blessings is prayer.



In one home worship group, students discuss points of interest taken from the Bible and the Spirit of Prophecy.

CASSETTE TAPE SALE Hypertension-Part III

We have cut prices on more of our most popular tape sets. These reduced prices apply through the end of April, 1983.

WEIGHT CONTROL. Titles include: Concentrated calories, He is able, guilt, depression, through failure to victory, obesity and disease, etc. Sixteen tapes in an album. Reg. \$49. NOW \$39.

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College Alumni Update

LINDA HAGELE — Is now working with Dr. Dan Pletch in an allergy clinic in Vancouver, Washington.

GREG AND ALLISON HARPER — Are actively promoting their church ministry in Boulder City, Nevada, where Greg is pastoring. They are happy for a few extra Bible studies each week and a growing membership.

ERIANN CRAWFORD HULLQUIST — Lives in Yucaipa, CA, with her husband and six month old daughter, Sarah. They run a publishing/printing business, which keeps them both very busy.

JENNIFER MATLACK — Is currently involved in a reconditioning program in Norway. Fredheim-helsepensjonat, (Peaceful Home, Health Hotel) is the name of their health center. It is a multi-faceted institute, much like Weimar in its goals and concepts. Jennifer is helping them to organize their administration, teaching health classes and developing new programs for them. They are planning to begin a college program for European youth, as well as establish industries. They are also working on an inter-city center in Oslo, the capital of Norway. She says that "God's work is exciting no matter where on this earth you are..." You can receive a quarterly newsletter from Norway written in English by writing to the following address: Hjertegod News Fredheim, 3330 Skotselv, Norway.

HAL AND BETSY MAYER — Are currently living in Hamburg, Pennsylvania, where they are directing the development of a new institute similar to Weimar on the east coast of the United States. There has been much progress recently and it is hoped that this work can begin very soon. Betsy is also doing recipe development for the Food Service Department at Laurel Nursing and Retirement Center. The new east coast institute has a publication known as **BREAK-THROUGH**, which you can receive in your home by writing to the address below.

If you are an alumnus, former student or staff member and you have not responded to the letter which we sent out, please do so, we will try to include you in future updates. Send your letters telling us of your whereabouts and your current ministry to: Hal and Betsy Mayer, R.D. 3, Box 670, Hamburg, PA 19526.

We want to remind you of the upcoming alumni weekend at Weimar Institute where all are invited, including former students, former staff members and friends of the Institute. Alumni weekend will take place April 29-May 1, Friday through Sunday. We hope that many of you can be there. It promises to be a rich, rewarding and spiritual weekend. May God bless you.

Sincerely,
Hal and Betsy Mayer

Summer Home School Seminars Offered

Two home school seminars will be held at the Weimar College campus this year. No children's programs will be offered at either seminar.

The first Home School Seminar will be held June 19, 1983, and will begin with enrollment on Sunday afternoon, June 19, 1983. The first lecture will begin Sunday night of the same day.

The first seminar will be of special interest to those who have not yet had home schooling experience but would like to learn the whys and wherefores of home schooling, how to set up a home school program, and how to confront those problems which may be encountered as one initially sets up a home school of his own. This first seminar will end Tuesday, June 21, 1983, at noon.

The second Home School Seminar starts with enrollment on Tuesday afternoon, June 21, 1983. The first meeting of the second seminar will begin Tuesday night, June 21, 1983. This second seminar will emphasize practical methods and strategies for those home schooling parents who are presently engaged in teaching their own children at home and are interested in reaching or maintaining maximum efficiency in their teaching methods and maintaining peak learning and enjoyment for their children. This second seminar will end Thursday at noon, June 23, 1983.

By Milton Crane, M.D.
Medical Director

SECONDARY HYPERTENSION

More than 50 conditions that can cause "secondary" hypertension have been described. They account for about 20 to 30 per cent of people who have high blood pressure. There are roughly seven groups of these conditions. Since many can be scientifically cured by surgery or treated by a special medicine, they should be searched for.

1. **KIDNEY DEFECTS:** The most common cause for correctable secondary hypertension is obstruction of blood flow to the kidney. This organ manufactures a chemical called **renin**. Renin converts a chemical made by the liver into **angiotensin-II**, which is perhaps the most potent chemical that causes constriction of the arterioles. Many kidney diseases can be detected by an x-ray study, called an intravenous pyelogram, that outlines the kidney and ureters. Also helpful in diagnosis is some measurement of the kidney's ability to excrete wastes to the level of renin in the blood plasma after a maneuver such as salt restriction to stimulate an increase in it. These clues help decide whether more specialized tests are needed.

2. **ADRENAL CORTEX DEFECTS:** Such defects may cause secretion of excessive quantities of a hormone, usually **aldosterone**, which causes the body to hang onto too much sodium. This excessive amount of hormone can come from a small noncancerous tumor or from an inherited defect in hormone formation. Measuring the specific hormones in blood or urine under proper conditions helps make the diagnosis.

3. **DEFECTS OF ADRENALINE HORMONES:** Adrenaline chemicals come from nerve endings and from the inner part of the adrenal gland. Some people develop a tumor, called a **pheochromocytoma**, that produces excessive amounts of the adrenaline compounds.

Others have an inherited lack of an enzyme that inactivates adrenaline, or they may be taking a monamine oxidase inhibitor medicine that may prevent the working of that enzyme. These persons may develop severe high blood pressure from dextrine sulfate ("bennies") used for weight reduction or from "cold" tablets, or after eating fermented foods such as yellow cheese, or after drinking wine. In a typical attack, a severe headache with fast-pounding heartbeat develops an hour or two after one has eaten aged yellow cheese.

4. **OTHER HORMONE AND REGULATION DEFECTS:** Certain diseases of the pituitary, thyroid, or parathyroid glands may also cause hypertension. Some women may develop a condition called **toxemia**, with hypertension, during pregnancy. The cause of this has not been determined. Several inherited diseases of regulation of body processes may cause hyperten-

sion. Persons who are overweight are more likely to develop high blood pressure.

5. **DEFECTS OF BLOOD AND BLOOD VESSELS:** A birth defect such as a constriction of a portion of the aorta, the main artery leaving the heart (coarctation of the aorta), or a shunt between a large artery and veins may result in hypertension. Many of the arterial defects can be corrected by surgery. Patients with extra-thick blood (polycythemia) may have such a high percentage of red cells that the blood flows sluggishly, like molasses, and the heart has to raise the blood pressure to force sufficient blood to nourish the cells.

6. **NERVOUS-SYSTEM DISORDERS:** Some kinds of brain or nervous-system damage may result in hypertension. Chronic nervous tension from emotional stress and anxiety probably acts through this system. Early studies with "biofeedback" indicate that some persons may be trained to lower their blood pressure.

7. **CHEMICALS AND DRUGS:** There are several specific chemicals that can cause high blood pressure. An example given earlier is eating too much salt over a period of years. Heavy metals, such as lead, mercury, or cadmium are also known to elevate blood pressure, but these usually cause other symptoms that tip off the doctor that they may be the cause. Rats whose drinking water contained seven parts per gallon of cadmium nitrate developed hypertension. It may be possible that some patients get enough cadmium to do this from galvanized water pipes or from cigarette smoke. Various agents, including licorice, dextroamphetamine, and certain cold remedies, may cause hypertension directly. Even an overdose of Vitamin D may induce hypertension.

It is now quite widely known that contraceptive pills may cause mild to severe hypertension in certain susceptible women.¹⁰ Although the degree of change in pressure of most women on "the pill" is small, those who use them tend to have a greater increase in blood pressure as the years progress than do non-users. Most likely the hypertension in these patients is due to a chronic excess of sodium in the body brought on by the effect of both female hormones in the pill: both natural and synthetic estrogen tend to cause the kidney to keep salt, as does the synthetic progesterone component. On the other hand, natural progesterone has the opposite effect. It tends to cause the kidneys to give up salt. But when the pill is taken, very little natural progesterone is formed by the ovaries.

We have also observed that some women develop high blood pressure after they start taking conjugated estrogen for menopausal symptoms.¹¹ Here again, the hypertension is most likely caused by a chronic excess of body salt maintained by the estrogen, which also suppresses formation of natural progesterone. Some women cannot tolerate the small amount of extra Continued on page 7

HYPERTENSION

Continued from page 6

salt in their tissues without developing hypertension. The onset from such medications is usually gradual and may require several years to develop. Only about half of our patients who developed hypertension while on the conjugated estrogen returned to normal blood pressure after it was stopped. It may require up to twelve months after leaving off taking estrogen for the blood pressure to remain normal without anti-hypertensive treatment. A word of caution is needed here. Since the likelihood of developing essential hypertension increases with age, the elevation of blood pressure in older women on estrogen is more likely to be due to other factors than to the female hormones.

Fortunately, administration of a medicine called a spironolactone usually counteracts the salt retention from the contraceptive pills or conjugated estrogens. With it the blood pressure can be kept in normal range even though those medications are continued.

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To be continued in the next Bulletin issue.

From The Chaplain



Religious Liberty Starts at Home

By Dick Winn

Some of the most crucial, and surely the most subtle, battles for religious freedom are not fought in the courts nor in the legislative halls. Rather, they happen in that place where lawyers, legislators, and voters all have their own values and attitudes shaped — in their homes!

You see, the basic premise of religious liberty is that, in the area of personal values and religious loyalties, no one has a right to force another. These vital dimensions of human life are of value only if they are freely chosen and voluntarily expressed. Religious freedom means that even the inner virtues so vital to society cannot be forced into a person by that society, but must be voluntarily embraced by its members.

But "voluntary" is slow; at times it is not very convenient or tidy; and as such it is very frustrating to the people "in charge," for their subordinates aren't always behaving in harmony with their desires.

And so, in many homes, the people "in charge" frequently resort to a kind of force that is assumed appropriate: arbitrary commands backed up with threats of anger, emotional rejection, or physical pain. The subordinates do right, then, not because their minds are won to the principles of right, but in order to avoid pain. They have buckled under force!

A parent who uses emotional force to get children to obey may see little problem in using political force to get citizens to obey in areas of personal conscience. After all, they reason, the end behavior is more important than the method used to secure it.

By the same token, a husband who demands of his wife, "You must submit to my will!" and then quotes Scripture to back up his demand, will likely be the same man who would feel it appropriate to pass legislation requiring subordinate people to submit to a law which he thinks supports righteousness.

How few homes there are which — at the functional level — reveal a deep trust in the power

of God's methods: love, trust, truth, and freedom. How seldom we see parents who know how to surround their children with mature love; who calmly instruct them in the sensible paths of truth; who assure them they are trusted as desiring the best; and then who give them the freedom to live up to that trust.

Desiring godly behavior in their children, parents so quickly resort to methods characteristic of the enemy: "Let us force them to be godly." Laws which compromise religious freedom always begin with the same motives, but then quickly resort to the wrong methods. And where is this pattern learned which finds expression in the laws of the land? Usually, in the homes of the land.

Religious liberty grows out of a profound respect for the dignity of each individual — even (perhaps especially) for the ones who disagree with us. Yet there is probably no place where this dignity is more universally ignored than in our families. Impatient, demanding parents treat their restless, not-yet-mature children as though they were farm animals to be whipped into line, or verbally punished because they do not yet understand the parent's perspective. Overbearing, authoritarian husbands bark pious orders at their wives, assuming that wifely virtues shall be maintained by husbandly power.

Is it any wonder, then, that we have a virtual epidemic of attitudes which entrust the righteous behavior of individuals into the power of external laws? Nor is it any wonder that we have an equal number of people who are internally weak, who know so little of internalized values, who appear to need to be propped up by the laws of powerful people! We are indeed aiming for a national crisis, in which the vast majority will appear to need an increasing tightening of laws to hold together the threadbare fabric of society; and the lawmakers will respond with overkill. They will pass laws that invade right into the privacy of individual lives and consciences.

And where shall this epidemic be curbed? If at all, it must begin in the homes of America.

Sunday Classes

By Julie Lacy

Weimar Academy student

"Classes on Sunday morning? Horror!" Such were my sentiments when I first learned of the courses planned. However, as I looked down the list of possible choices, my interest grew. "Hm. Photography/Ceramics. That sounds interesting." So, I signed up for those classes, and consequently was one of the lucky ones who was able to become involved in those courses during the first semester.

First in ceramics I learned of bisque and kilns, and the pains-

taking art of painting the greenware. I felt such anticipation as I waited for the completion of my handiwork and then elation as I saw the finished product, the results of my labor.

In photography I entered the realm of silver halide crystals and f-stops. Then you take your spool of film and try to be creative. The thrilling part is in the darkroom, where you take a mediocre negative and through various methods, turn it into a masterpiece that you'll treasure.

Sunday classes a drudgery? Not so. Despite my former misgivings, they turned out to be interesting, informative, and above all, fun!

Choir

Can it be said that only by the giving of love will love be accepted? I personally think so; and quite frankly, it is the only way that we as Christians can truly share the gospel.

Is it possible to live a life without any contradiction? Only if we know what we believe, and are thoroughly convicted in those beliefs.

Walking the fence, so to speak, should undoubtedly be an action thrown out of our lives. To stand firmly in a belief will bring respect, and we as Christians have so much evidence and information on how to stand. God deserves to be respected and rightfully understood.

You may ask, what do the above words have to do with a choir concert? Well, have you ever sung a song without really listening to the contents of the message? I think we all have been caught in this rut. To be mere surface readers, not permitting the words to affect our lives. The Weimar choir is very privileged to have a director that stimulates us to think of the message portrayed in the words. To understand the great depths of truth and meaning found in the songs we sing. Praise the Lord for committed people.

Our choir was recently privileged to sing for 3 consecutive services at the Bethlehem Lutheran Church in nearby Auburn. Several choir visits are planned for other churches in the Placer County area. The choir has been warmly welcomed and it is felt that a spirit of friendship and understanding has grown from this kind of outreach ministry.

We like sharing truths that have been internalized to people that are willing to listen, and to have them share the joy that they have received.

Let the people praise Thee, O God; let all the people praise Thee. Then shall the earth yield her increase; and God, even our own God, shall bless us. God shall bless us; and all the ends of the earth shall fear Him.

Psa 67:5-7

recipes



RICE FRITTERS

- 1 c. cooked rice, salted
- 1/3 c. flour (may use less depending on rice)
- 1/4 c. dates blended with water
- 2-4 T. water

Make a very stiff batter of the mixed ingredients. Form into patties. Roll in wheat germ. Bake at 350° for 45-60 min. or to a golden brown. Serve with fruit sauce. Serves 2.

PINEAPPLE ORANGE SAUCE

- 1 c. orange juice concentrate
- 3 c. pineapple juice
- 6 c. chunk pineapple
- 1 large banana
- 2 c. water

Blend and heat. Thicken with cornstarch if necessary to make a syrup consistency. Makes 12 c.

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